

Stroke Smart:
 Advancing Nursing Leadership in
 Prevention and Systems of Care


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Disclosures


I have no actual or potential conflicts of interest in
 relation to this program/presentation.


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Objectives 

1. Describe evidence-based strategies for the prevention and early recognition of stroke, including risk factor management and use of clinical screening tools.
2. Discuss current best practices in acute stroke management, including timely intervention, care transitions, and secondary prevention strategies.
3. Examine the role of nurses in advancing stroke systems of care across the continuum—from pre-hospital response to inpatient care and community reintegration.

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 **PCNA**
 National Stroke Center



Which of the following roles best describes your engagement in stroke?

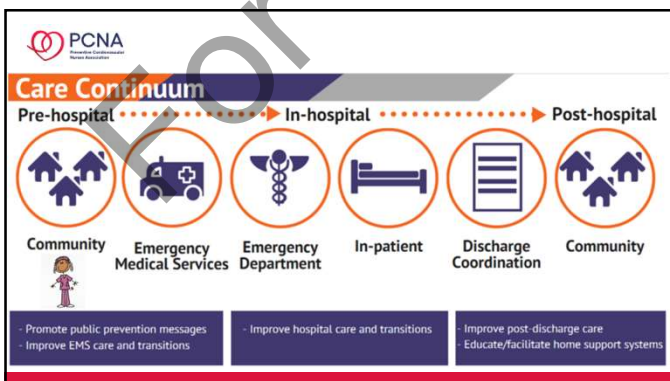
- A) Provider who cares for individuals at risk of a *first* stroke
- B) Provider who cares for stroke survivors
- C) Nurse scientists/researcher focused on stroke
- D) Leader with decision making authority related to stroke
- E) No engagement in stroke

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 PCNA
Primary Care Network Association

"Networking is not just about connecting people; it's about connecting people with people, people with ideas, and people with opportunities."

Michele Jennae

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Stroke in the U.S. 

| | | | | |
|----------------------------------------|-------------------------------------|-----------------------------|---------------------------------|--------------------------------|
| 4 th leading cause of death | a leading cause of adult disability | 87% of strokes are ischemic | 10-20% of strokes are treatable | 80% of strokes are preventable |
|----------------------------------------|-------------------------------------|-----------------------------|---------------------------------|--------------------------------|

Bushnell, C., et al. 2024 Guideline for the Primary Prevention of Stroke: A Guideline From the American Heart Association/American Stroke Association.

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Care Continuum

Pre-hospital → **In-hospital** → **Post-hospital**

Community, Emergency Medical Service, Emergency Department, In-patient, Discharge Coordination, Community

• Promote public prevention messages
Improve EMS care and transitions

• Improve hospital care and transitions

• Improve post-discharge care
Educate/facilitate home support systems

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Clinical Screening Tools

The slide features two circular diagrams. On the left is 'Life's Essential 8', a ring of eight icons representing lifestyle factors: sleep, diet, physical activity, mental health, lipids, blood sugar, tobacco use, and alcohol use. On the right is 'Prevent Equations (Base)', a ring of eight icons representing clinical factors: blood pressure, cholesterol, diabetes, medication use, tobacco use, alcohol use, hemoglobin A1C, and kidney function. The center of the 'Prevent Equations' diagram is labeled 'PREVENT Equations (Base)'. The PCNA logo is in the top right corner.

Bushnell, C., et al. 2024 Guideline for the Primary Prevention of Stroke: A Guideline From the American Heart Association/American Stroke Association.

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Nurse-Led Primary Stroke Prevention

The slide shows the SCORE program flowchart. It starts with 'One 2-hour visit' consisting of five steps: 1. Brochure, 2. Video, 3. Counseling, 4. Behavior Tracking, and 5. Text-Messaging. This is followed by an '8-week' period. The PCNA logo is in the top right corner.

Aycock, et al. (2017). Reducing Stroke Risk Among Young African Americans. *Research in Nursing & Health*.
 Aycock, et al. (2023). Stroke Counseling for Risk Reduction in Young African Americans. *Nursing Research*.

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Pre-Hospital Early Recognition

Recommendation for General Public

Education on stroke recognition and need to seek emergency care (9-1-1)


BE FAST
BALANCE: Sudden loss of consciousness or dizziness
EYES: Blurred vision
FACE: Drooping of the face
ARMS: Arm or leg weakness
SPEECH: Slurred speech, difficulty understanding
TIME: Sudden onset, time to call 9-1-1

Recommendation for EMS, Physicians, APP, Healthcare Personnel

Targeted stroke education to reduce prehospital delays and maximize eligibility for acute treatment of stroke


Prabhakaran, S., et al. 2026 AHA/ASA Guideline for the Early Management of Patients with AIS. *Stroke*.

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Wendy Dusenbury
PhD, DNP, FNP-BC, AGACNP-BC, ANVP-BC
Nurse Practitioner-Stroke Service
Assistant Professor of Neurology
University of Arizona College of Medicine


"It starts at the top; leadership is carried down to the bedside."



Advancing Stroke Systems of Care


- Strengthen and support leadership at the top
- Manage up
- Move beyond siloed care and embrace coordinated, interdisciplinary approaches
- Develop customer friendly partnerships

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Stroke Prevention Takeaways

- It's all about risk factors
- Utilize guidelines and statements
- Time is still brain
- Understand the mechanism
- Connect, cultivate and champion stroke prevention




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Everyone you meet knows something you don't know.... Learn from them.

C.J. Jung

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SCORE
STROKE COUNSELING FOR RISK REDUCTION

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